



WORKSHOP

ESSENTIAL OILS

FOR NATURAL HEALTH, ENERGY, RECOVERY, & VITALITY
WITH JENNA PACELLI

Are you looking for a natural way to help your body heal? Humankind has been using essential oils for thousands of years. In this 90 minute workshop, you will learn how to use therapeutic grade essential oils to:

- improve mood and increase energy
- sleep better and stress less
- recover faster and soothe aches and pains
- increase concentration
- reduce toxic load from cosmetics and household products
- make a take home blend suited to your individual needs

Wed, March 15th
7:45-9:15pm
Core Studio

\$35 FOR MEMBERS & GUESTS

*RSVP at Studiomix.com under
FIND A CLASS then WORKSHOPS*



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